



September 12, 2005

**PRESS RELEASE – For Immediate Release**

Contact: Susie Beem, Diabetes Program Coordinator, 737-5946  
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**Diabetes Support Group to Discuss Exercise**

The Diabetes Support Group will host Andrew Mix, PT, in a discussion titled “Exercise Options for the Chronically Unfit.” This meeting will take place on Tuesday, September 20, at 7 p.m. at South Central District Health, located on the College of Southern Idaho campus. People attending the meeting should use the north entrance of the District Health building.

The Diabetes Support Group meeting is open to the public and there is no charge to attend. The group meets regularly at 7 p.m. on the third Tuesday of each month at South Central District Health.

Contact Carol Gandiaga at 537-6978 or Susie Beem at 737-5946 for more information.

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